

Course Syllabus

KNPR 125: Sport Psychology Syllabus

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SLO's and Objectives

Relate course principles in sports psychology to personal context

Apply relevant theories to own performance when applicable **Course Objectives:**

1. Understand the role of Sport Psychology in performance enhancement
2. Identify several Sport Psychology techniques to use and when to use them appropriately to enhance performance
3. Compare and contrast several Sport Psychology techniques as they relate to performance
4. Select appropriate tools to be used in the transition along the sport participation spectrum

Assignments

Modules:

All assignments are organized into "Modules". Click on the "Modules" section on the left and follow each module

Modules are organized in sequential order- which means you must complete item 1 before you can move on to item 2

Discussion Board:

Students are required to post on the discussion board weekly. This acts as your "attendance", students who do not post on the discussion board regularly are subject to being dropped. You are given a prompt related to the class readings and you must reply to a classmate as well.

Your answer to my prompt must show your analysis of the material and offer depth. Your reply to a classmate must also offer depth and show that you have read and understood your classmate's posting, I will not accept "I agree with you...", "nice job..." type of replies for credit.

In order to see your classmate's postings you must FIRST post your answer to my prompt. This Discussion board is designed for you to show your understanding of the material in the course.

Quizzes:

Each Reading requires a quiz. These are open book, and NOT timed. But, you must complete the quiz in one sitting. The questions are randomized from a large pool, so no two students will get the same quiz.

Writing assignments

Some modules require writing assignments. These assignments can be accessed directly from the modules as you progress through the work.

Late work:

I accept late work for partial credit. Your final grade depends on the total amount of points you earn throughout the course by turning in assignments, even if you turn an assignment in late, those points will help your final grade

STUDENTS WITH DISABILITIES:

Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact Disabled Student Programs & Services so that we can all collaborate on your classroom accommodations in a timely manner. DSP&S is located in U-103 and their phone number is 714-564-6264. The DSP&S office requires documentation of your disability in order to receive reasonable accommodations. If you do not have documentation they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

Academic Honesty Policy

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. In this course, an act of academic dishonesty will result in a 0 or F for that particular assignment, further acts of academic dishonesty may result in a failing grade for the course. In addition, all acts of academic dishonesty will be referred to the Dean of Students for further discipline

Grading Scale:

Self-Intro	15
Discussion Boards	
Motivation	60
Goal Setting	50

Anxiety	50
Imagery	50
Positive Talk	50
Progressive Relaxation	50
Quizzes:	
6 X 15pts	90
Writing Assignment #1	100
Historical Inspiration	
Writing Assignment #2	100
Contemporary inspiration	
Writing Assignment #3	100
Team Cohesion	
Total	715

643 – 715= A

572 – 642= B

500 – 571= C

429 – 499= D

Below 429= F

Required Materials

This course will use Open Educational Resources

All required materials to complete the course will be found on the class page. No book is required.